

ABSTRACT

Nutrition plays a major role in pregnancy. The demand of growing foetus increases the need for many vital nutrients such as energy, protein, vitamin B complex, vitamin C, vitamin D, calcium, iron, zinc and other nutrients. If pregnant woman is not adequately nourished, it can cause many nutritional deficiencies and complications in the mother and to the infant. Thus, diet and care during pregnancy are important for a desirable weight gain. A case study was conducted with the objective of assessing the nutrient intake of pregnant mothers. Six mothers, who were in between six and seven months of pregnancy period, in Kuliyaipitiya Public Health Midwife area, were selected. The biological, socio-economic and dietary information were gathered using food record method, interview schedule method and observations. These collected data were used to explain nutritional status of the study population. The results of this study showed that average energy intake of four individuals was 91% of minimum recommended dietary allowances and average protein intake in this studied population had exceeded the minimum requirement. Average range of calcium intake was between 57% and 78%. The average iron intake was 91% and average ranges of thiamine and riboflavin intake of five individuals were between 66% - 98% and 49% - 88% respectively. This study indicated that a greater proportion of the pregnant women had taken insufficient amounts of energy and two or more micro-nutrients. But, their protein intake was adequate. Further, the study showed that socio-economic and biological factors are also influencing on the nutritional failure of pregnant mothers.